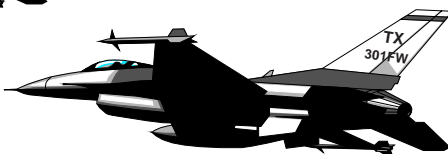


FIGHTER



Air Force Reserve Command: Proud Partner in the Total Force

Vol. 30, No. 10

December 4, 2004

NAS Fort Worth JRB Carswell Field

NEWS BRIEFS

Be prepared for bad weather conditions

In a base closure event due to inclement weather in Dallas/Fort Worth, tune to the following media outlets for up-to-date information.

Television **Radio**
FOX 4 KDFW WBAP 820 AM
NBC 5 KXAS KVIL 103.7 FM
ABC 8 WFAA
CBS 11 KTVT

Order a Spouse Pin on line

The Air Force Spouse Pin is now available for you to order on line. Everyone who's an Air Force military member (active, guard or reserve) or a Department of the Air Force civilian employee, can order this pin at <https://www.yourguardiansoffreedom.com>.



Hold put on Anthrax

As of Oct. 27, Anthrax vaccinations won't be given (mandatory or voluntary) to any military or civilian personnel, regardless of their current location or deployment until further notice. This is under direction the US District Court for the District of Columbia.

East gate closed during holidays

Open Dec. 18 - 23
6 - 8 a.m.
Closed Dec. 24 - Jan. 3, 2005



Double Deere duty

Master Sgt. Tom Agee and Master Sgt. Skip Kiefhaber, both 301st Civil Engineer Squadron members, take on the heavy duty of off-loading metal frames for the future alert shelters here. The alert facility has been under construction since 9/11. (Photo by Tech. Sgt. Julie Briden-Garcia, Public Affairs.)

On alert

Construction project creates home away from home

By Staff Sgt. Kristin Mack
Public Affairs

It's 4:00 a.m., Sept. 12, 2001—the night sky is as quiet as it has ever been.

The horn sounds. The two on-shift pilots are tucked away in a small, dark, underutilized storage room. They quickly arise from their tightly-lined cots. Already dressed in flight suits with tensions rising, they ponder this mission's significance—allowing the silence to ad-

vance them to their next critical steps.

They grab their remaining flight gear pieces, secure their night vision goggles, and submit to a final check from life support. Then, they leave to prepare their jets for takeoff—intent on securing our nation's precious soil.

This mission is not routine—it's an alert system controlled by Northern Command, under OPERATION NOBLE EAGLE and is performed in a contained area until

takeoff. This operation provides surveillance and protection to America's land and people in response to the terrorist attacks on Sept. 11.

When NORTHCOM sends an alert, this site is notified. The assigned mission staff reports to the facility performing 24-hour shifts for "Response Posture Immediate" (RPI). After the alert is complete, the site returns to normal.

Today, our pilots and
(ALERT, continues on page 4)

Memory lane takes wing into the future

By Brig. Gen. Neil A. Rohan

301st Fighter Wing
Commander

Seems a little early to be expressing Season's Greetings, but here we are. Thanksgiving is behind us, the Christmas holidays are ahead and New Year's Day is right around the corner. This is the time of year when I take stock of the things that "got done" and the many things still left to do.

2004 was an interesting year. We toiled through a rigorous Operational Readiness Inspection back in March and learned a lot; about ourselves, our teammates, our unit, and even a little bit about the IG too. We had to endure a major budget cut at mid-year, but were able to get through the year through yeoman efforts from our group commanders, their Resource Advisors and our budget folks down in Finance. A fantastic Family Day followed in October, and in November the first Annual 301st Fighter Wing Combat Dining In



Giving to angels

Brig. Gen. Neil Rohan, 301st Fighter Wing commander, hangs an angel ornament along with Lt. Col. Jay Evans, 301st Family Support director. This tree will help make a 301st FW child's wish come true this holiday season. Each ornament reveals a child's gender, age and a couple of gift wishes. The eighth annual Angel Tree, as Lt. Col. Evans expressed, hopefully will be as successful as in previous years. See page 5 for instructions how to help an angel. (Photo by Tech. Sgt. Julie Briden-Garcia, Public Affairs.)

convened—again, a wildly successful event that should get even bigger in years to come.

We said goodbye to a lot of

great people too. Gone are Colonels Frank Anderson and Steve Arthur, Chiefs Ron Cunning and Mary Hartman. We lost a good

friend when Master Sgt. Ed Nichols passed away. On the positive side, we welcomed Colonel Joe McCourt and Chief James Singleton and a whole host of others into the 301st family.

So what's coming up—what's left to do? Well for one, Maj. Gen. David Tanzi will leave his post as our 10th Air Force commander in January. Colonel Craig Gourley will be moving on to bigger and better things in the Spring, and Master Sgt. James ("JJ") Jones will be retiring after 35 years wearing the uniform.

We have a wing deployment planned to Alaska around the June timeframe. And of course, 2005 will mark our return to the AEF rotation. We'll "rainbow" with the Homestead and Hill units once again, and do it with the pride and professionalism that the 301st is known for.

Let me be one of the first to offer all of you Season's Greetings and my best wishes for a productive, prosperous and—most especially—Happy New Year!

Prepare before you party for the holidays

Master Sgt. J. Douglas Quiroga

301st Fighter Wing Safety

Here it is! The holiday season is upon us—time off to travel; to be with the family; and yes, time to party. For some this will mean ample opportunities to socialize and enjoy the season's laced punch. But it may also mean less time to sleep, and a hurried schedule to keep up with work and social activities.

The holiday season brings out a hidden enemy: fatigue. It can insidiously creep in and decrease your alertness and responsiveness, dulling your senses in the process. Add the effects of alcoholic drinks and you have a ready mix for disaster.

Here are a few tips to help you cope with the holiday parties in a safe way:

- ✓ Plan your activities to allow for plenty of rest. Get at least eight hours of sleep every night.
- ✓ If you drink alcoholic beverages, do so in moderation. Remember that the human liver can only process one ounce of alcohol per hour—about the amount contained in one can of beer. Any more than that will go directly to your bloodstream and on to your brain.
- ✓ If you party, designate a driver who won't consume alcoholic beverages.

(HOLIDAYS continues on page 10)

FIGHTER LINE

Fighter Line is an Air Force Reserve funded publication for members of the U.S. military services.

Contents of the Fighter Line are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

Editorial content is edited, prepared and provided by the 301st Fighter Wing public affairs office, NAS Fort Worth JRB Carswell Field Texas.

All photographs in the Fighter Line are Air Force photographs unless otherwise indicated.

Deadline for unsolicited submissions is close of business Monday after the "A" schedule unit training assembly.

Articles should be typed, single-spaced, and, if possible, submitted via email to the public affairs office at 301fw.pa@carswell.af.mil. For more information, call the 301st Fighter Wing public affairs office at 817.782.7170.

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Laura Dermarderosian-Smith.....Public Affairs Specialist
Tech. Sgt. Stephen C. Bailey.....Staff Writer
Staff Sgt. Kristin E. Mack.....Staff Writer
Mrs. Mary Beth Ritchie.....Proofreader

301st Fighter Wing
Airman of the Year
2004

**Senior Airman Miletsy
Soto**

Medical Service Apprentice

301st Aerospace Medical
Squadron



**Senior Airman Soto's
accomplishments:**

Senior Airman Soto's initiative and resourcefulness exemplifies the best of the Air Force and 301st Fighter Wing. She volunteered many hours to develop a winning Self-Aid and Buddy Care wing presentation. She is always among the first to volunteer for additional duties, including work that involves personal time. Some of her many personal, professional and community volunteer activities include being a key participant in a mass casualty exercise with a local hospital; tutoring intermediate algebra to students at a nearby college; participating in her church's activities; and working as a hospital volunteer.

301st Fighter Wing
NCO of the Year
2004

**Tech. Sgt. Udrika L.
Baldwin**

Services Craftsman

301st Services Flight



**Tech. Sgt. Baldwin's
accomplishments:**

Tech. Sgt. Baldwin has confidence and self-assurance to spare. She has set the pace and continues to perform in the highest standards within her services job as NCOIC of training and as a 301st Fighter Wing Honor Guard member. Top leaders have attested to her exceptional performance and innovative ideas improving programs, training subordinates and always pushing the cutting edge of technology. She'll obtain an associate's degree by Feb. 05 with her bachelor's following by next Dec. Her heart reaches out to assist others in making the right choice and numerous fund raisers.

301st Fighter Wing
SNCO of the Year
2004

**Master Sgt. Patty L.
Roark**

Services Flight Chief

301st Services Flight



**Master Sgt. Roark's
accomplishments:**

Master Sgt. Roark key attributes are her quiet determination and empowering approach. She has exceeded all standards through improving services' readiness and flexibility thus ensuring maximum alert operations with professional round-the-clock services. Sergeant Roark's leadership permeates throughout the entire flight—managing hundreds of military members and their billeting problems with the newest revamped system. She cares about people—her troops as well as those deployed as is shown in her planning and execution of assistance to the recent hurricane ravaged areas. She stands as a superb visionary and manager.

301st Fighter Wing
1st Sergeant of the
Year, 2004

**Senior Master Sgt.
Pearletta Ullrich**

301st Fighter Wing 1st Sgt.

301st Mission Support



**Senior Master Sgt. Ullrich's
accomplishments:**

Senior Master Sgt. Ullrich generates self-confidence, authority and enthusiasm. She recently focused her 1st Sgt. efforts in the desert—supporting and managing tent city for hundreds of deployed troops. Sergeant Ullrich's positive attitude and willingness to help people radiates in the successful programs she manages some of which are the Family Care Management program and a Going-Away process and award ceremony for the 301 MSS for those deploying. Her skills and knowledge have reached as far as Washington D.C. through attending the Congressional Course and also the Worldwide First Sergeants Seminar.



Alert facilities provide comfortable living quarters with modern conveniences. According to the project coordinator, all furniture was acquired from military sources, saving thousands of dollars. (Photos by Staff Sgt. Kristin Mack, Public Affairs.)

SPOTLIGHT

ALERT

(continued from page 1)

maintainers, along with many other sites nationwide, are called up as needed, to address the continuing and immediate threat of further attacks on the United States. Their duty is providing air protection in pre-determined areas. Back at the alert site, the 301st Civil Engineer Squadron is in charge of supplying adequate facilities.

Those on alert resided in these dark and cramped quarters back in 2001. They have now been relocated into developed, comfortable and self-contained living areas. The interim conditions existed as a string of mobile homes, borrowed from Morale Welfare and Recreation and commonly referred to as “rock stars.”

“Now the new temporary-permanent site contains a custom-built, modular facility,” said Senior Master Sgt. Jim Stevens, operations superintendent, 301st Civil Engineer Squadron. Sergeant Stevens played a major role in the facility’s coordination.

The new facility, built in about ten months, contains two separate living areas with coordinated, robust furniture—one for aircrew and one for the maintainers. Each area contains two bathrooms; separate rooms for sleeping; a fully-stocked kitchen; a living area with a big screen television; and a computer and desk area. The separate work facility contains a mini gym, briefing room, the commander’s alert office, along with

various offices and storage.

“When you build a facility you have to take in account what it’s used for,” said Sergeant Stevens. “I wanted to make it nice for them. I added good used furniture and the walls were constructed extra thick for sound insulation,” he pointed out.

There were lots of additions. “We started with a basic shell and just added on,” said Sergeant Stevens. The electricity had to be wired; pipes for plumbing were dug and ran to the nearest connection; and one CES member built the deck connecting the living areas to the work facility.

Outside the compound lays the framework for the aircraft shelters and more wood for the next patio upgrade.

“It takes about eight people to put these ‘Legos’ together,” said Sergeant

Stevens. “So I am waiting for approval for more mandays.” The outdoor additions should be completed soon,” he added.

Although the endeavor was significant it wasn’t performed alone, Sergeant Stevens explains.

“This (forced bed down) was a joint effort—you start with nothing and end up with a facility to house and maintain personnel.” Everything was completed by Reservists except for the pads and surrounding pavement, which was performed by a contractor.

“I just want everyone to know it couldn’t have been done without the help of the Air National Guard, CE, maintenance, command post, fuels, XP, Intel and supply, just to name a few,” Sergeant Stevens admitted.



The alert facilities are engineered to serve not only as living quarters but also provide an array of office and communication equipment (as shown) to both aircrew and maintainers.

Top security forces individuals selected

ROBINS AIR FORCE BASE, Ga.—Air Force Reserve Command announced Nov. 8 the winners of the command's 2004 Outstanding Security Forces Individual Awards.

The following local individuals will represent AFRC in Air Force competition:

✓ NCO fulltime - **Tech. Sgt. William Brown**, 610th SFS, Naval Air Station Joint Reserve Base Fort Worth, Texas.

Other command winners are:

✓ Company grade officer fulltime - **First Lt. Ryan Davis**, 610th NAS JRB Fort Worth.

✓ Senior NCO traditional reservist - **Master Sgt. Fernando Aguilera Jr.**, 610th SFS, NAS JRB Fort Worth. (AFRC News Service)

Reservists' overseas tours lengthen

ROBINS AIR FORCE BASE, Ga. (AFPN)—The leader of Air Force Reserve Command said Airmen volunteering for duty are leading his command's ability to support the war effort; however, changes to the amount of time people will be asked to be overseas are on the horizon.

Lt. Gen. John A. Bradley, chief of the Air Force Reserve and AFRC commander, praised his team's effort to have people in theater in as little as

24 hours. More than 4,000 Air Force reservists served in more than 44 locations worldwide as of Nov. 8. Since Sept. 11, 2001, more than 27,000 people from the majority of Reserve units have been mobilized.

However, some changes are on the way. General Bradley said the days of reservists serving 15-day tours as part of an air and space expeditionary force may be over. He said Air Force officials have allowed the Reserve to manage its requirements. Now, they are asking that the minimum time for reservists to serve in an AEF be increased to 30 days.

Overall, General Bradley said he is encouraged by the powerful role Air Force reservists are taking in the war on terrorism and Operation Iraqi Freedom. (Courtesy of AFRC News Service)

Congress asks to stop unsolicited mail

WASHINGTON (AFPN)—The commander of U.S. Central Command is asking Congress for help in eliminating unsolicited mail to servicemembers.

Army Gen. John P. Abizaid said the military mail service is running at capacity, and he noted the propensity of America to be especially generous during the holidays.

Unsolicited mail is no longer accepted because of the stress it creates on the military mail system and because of the possible threat it can

pose to servicemembers. Programs like "Operation Dear Abby" and the "Any Servicemember" mail program were suspended Oct. 30, 2002.

The U.S. Postal Service no longer delivers items not addressed to a specific servicemember. If packages are left at a collection site and the sender can be determined, they will be returned. If no return address is listed, any care-package items will go to a local charity, a customer-service agent said.

Before images of Scrooge begin forming, there are other ways to support the troops. Dozens of organizations are accepting donations to put together care packages. They include the services' relief societies, as well as the Veterans of Foreign Wars, American Red Cross, Armed Forces YMCA and the United Service Organizations.

General Abizaid commended the "admirable" efforts of the American people in demonstrating their support to the country's deployed servicemembers. He is, however, encouraging a refocusing of generosity so American servicemembers get the maximum benefit of donated goods

Military construction funds double

WASHINGTON—Air Force Reserve Command is moving closer to owning C-17 transport aircraft.

In 2005, the command will get \$7.4

Reserve News
Reserve News
Reserve News
Reserve News

AFRC NEWS
continues
on page 12

Angel Tree bears generous fruit

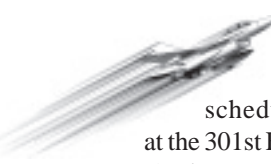


The holidays are here and the 301st Family Support Center is already trimming its eighth annual Angel Tree. The tree is in the 301st Headquarters hallway.

Our goal is to provide gifts to our families who might be lacking this Christmas. If you wish to help a child, please pick a card off the tree and let the FSC know you selected a child; buy an appropriate present; wrap it and bring it to our building, #1776. We'll give the present to the First Sergeant who will, in turn, deliver it to the respective 301st family after the December UTA.

If you have a family's name with children in need of assistance with Christmas gifts, please contact their unit's First Sergeant or the Family Support Center at 817.782.7435.

The angel cards will not have children's names on them—only the child's gender, age, size, and desired gift.



Santa visits 301st Fighter Wing

Santa has scheduled a stop at the 301st Fighter Wing on Dec. 4 prior to making his big world-wide deployment this year. He'll arrive at 4:30 p.m. in an F-16, with the help of the 457th Fighter Squadron. Then he'll settle in for a visit in the maintenance hangar, Bldg. 1643.

Santa will be handing out gifts to all the children attending and presenting great picture opportunities.

Parents must bring in gifts for their child(ren) with full names securely attached or written on them to ensure each child gets the proper gift.

These gifts should be delivered to the Family services center, Bldg 1776, from now until no later than Dec. 4 at 3 p.m. The FSC is open from 7 a.m. to 4:30 p.m. daily.

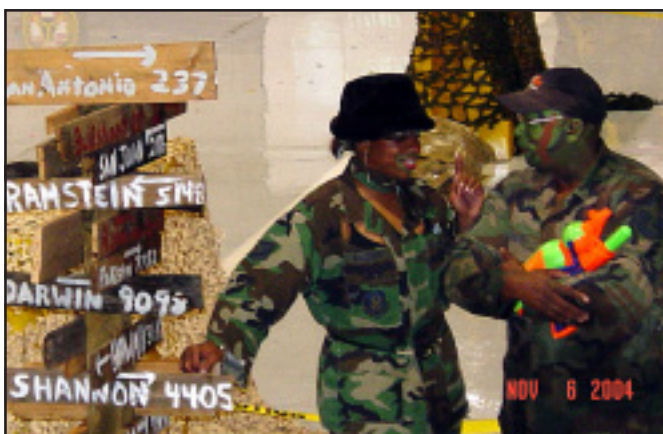
Any parent wanting their child to receive a gift from Santa must ensure they bring a properly labeled gift for the appropriate number of children who will be present. Cookies and drinks will also be available in the hangar for everyone attending.

On a security note: Parents please keep a close watch on children around the aircraft and in the hangar. The event is scheduled to run from 4:15 to 6 p.m.

It's war!



Guest of honor, Brig. Gen. Neil Rohan, prepared to enter the "Grog Obstacle Course" after Mister President, Maj. Dave Booher, calls a Point of Order on the entire head table during last month's Combat Dining In. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)



At the crossroads, Madame Vice President, Tech. Sgt. Udrika Baldwin, takes a break in the Combat Dining In protocol to chat with Tech. Sgt. John Green. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)

A 701st Medical Squadron member concludes the final prep for the Grog Bowl brew. Senior Master Sgt. Jim Stevens, 301st Civil Engineer Squadron, fills the appropriate container for the liquid's transportation to the porcelain pot. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)



Hangin' round was Deployment Bob's most difficult task during last month's Combat Dining In. More than 200 members participated in a soak down water war. Next year's event is already in its planning stages. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)



No one was immune from fire when in the combat zone, not even 301st Fighter Wing Commander, Brig. Gen. Neil Rohan. Event protocol must be strictly followed during a Combat Dining In or the violator is ordered to the Grog. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)



Wearing a Combat Dining In ritual costume helps you to blend in with all the other absurdly dressed attendees. Also waterguns, the bigger the better, were popular as were the table pitchers for soaking any poor unsuspecting soul. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)



To the Grog—what a mess. From right to left, 301st Command Chief Master Sgt. Bradley Scott, 301st Mission Support Group Commander, Col. Max Mendoza, 301st Maintenance Group Commander, Col. Joe McCourt, and 301st Fighter Wing Commander, Brig. Gen. Neil Rohan salute the Grog after enduring a massive (water) firefight. They lost. (Photo by Tech. Sgt. Tim Reynolds, 301st Maintenance Squadron.)



Master Sgts. Rich Ernst and Mike Higdon and Senior Master Sgt. Art Zimmerman pull with team work to get all the necessary decor ready. Many volunteers pulled together to make this first Combat Dining In a big success. (Photo by Tech. Sgt. Julie Briden-Garcia, 301st Public Affairs.)

U.S. Air Forces in Europe

By 1st Lt. Tony Wickman

Alaskan Command Public Affairs

ACROSS

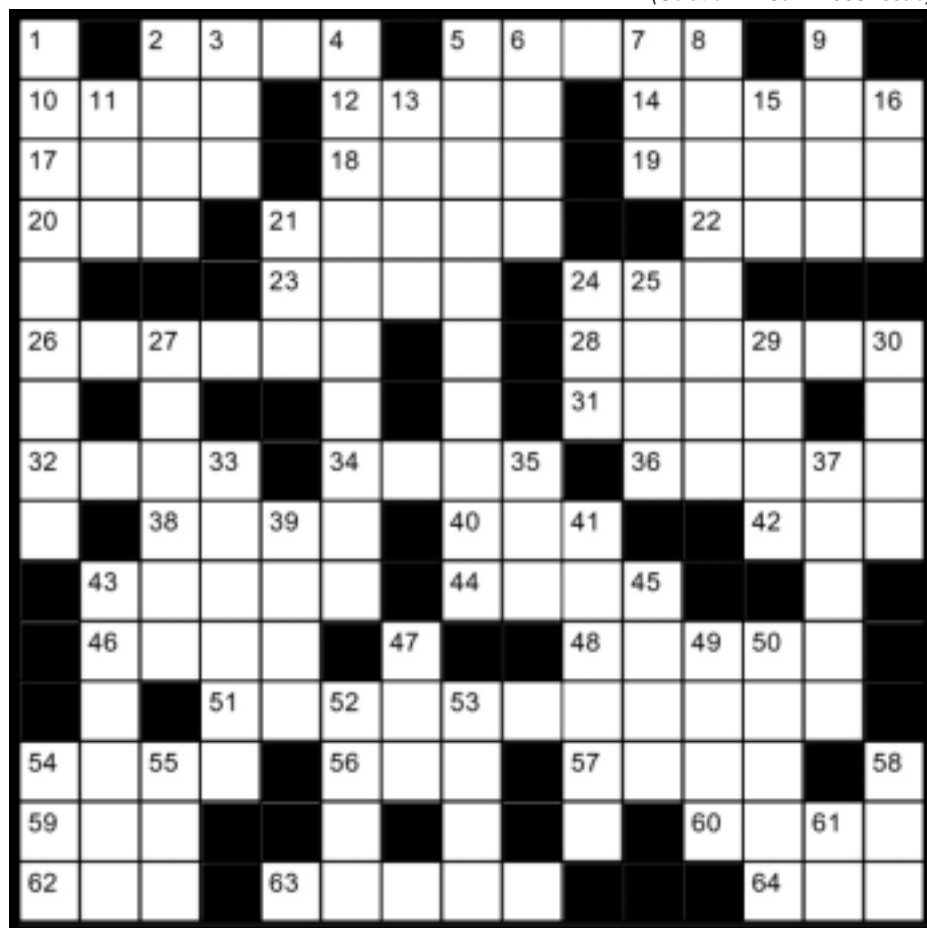
2. Criticize
5. Washout
10. Thought
12. Middle East country
14. Canyons
17. NATO alphabet for "X"
18. Arizona AFB
19. Intelligent
20. X
21. Runs an engine
22. Drunks
23. Observed
24. In shape
26. Earlier form of word in same language
28. Models
31. Actress Tara of *American Pie*
32. Soft mineral
34. Fed chairman Greenspan
36. Breaks
38. Break in the action
40. Actress Carrere of *Wayne's World*
42. ___ *Doubtfire*
43. Revolt
44. Own
46. Solo vocal piece
48. Minuteman and Peacekeepers for USAF
51. USAFE base
54. Connection site?
56. Formerly known as
57. *ER* doctor Wyle
59. Beginning of American naval ships
60. Lucy's husband
62. Airport abbrev.
63. NAF in USAFE
64. Hearing aid?

DOWN

1. NAF in USAFE
2. Actor Penn
3. Put down
4. USAFE base
5. USAFE base
6. Wallet stuffers
7. Actors Harris and O'Neal
8. USAFE base
9. Spry
11. Rapping doctor?

13. Govern
15. Mekong River basin inhabitant
16. Shuttle designation, in brief
21. Personal ad abbrev.
24. Type of tree
25. Beware this date?
27. Someone who is a screamer?
29. First man?
30. Back talk
33. Art form
35. Actress Peoples
37. Light bender
39. Jump
41. USAFE base
43. Hardest to find?
45. NATO alphabet for "E"
47. Compass dir.
49. Lost blood
50. Fight
52. Ancient Egyptian symbol of life
53. Equipment
54. Litigate
55. Crazy ___ loon...
58. Knight's title
61. Tailmarking for aircraft of 149th FW

(Solution in Jan. 2005 issue)



301st Fighter Wing Action Line

ACTION LINE is your opportunity to make NAS Fort Worth JRB a better place to live, work and play. When you call 817.782.5719 or send email to

301action.line@carswell.af.mil

your comments will be recorded and staffed through the agency responsible for the action.

Please give your supervisor and chain of command the opportunity to work with you in answering questions and solving problems before calling ACTION LINE. Items of basewide interest to the 301st workforce will be published in the *Fighter Line*.

Q I have been in the Air Force for 19+ years and have been stationed here at Carswell for six of those years. Having sampled many dining facilities over the years, I'm extremely disappointed with the dining facility here. To be quite honest, it's not bad at all during the week but on UTAs it's barely edible.

On one occasion, they served roast pork which had the consistency of shoe leather and the chicken strips were like the nuggets served at a fast food place, only worse.

The ironic thing, last year my wife, son and I ate there for Thanksgiving. It was extremely impressive. Why can't the food be that way 365 days a year?

A The Dining Facility at Naval Air Station Joint Reserve Base, Fort Worth, is a Navy Galley run by Navy personnel, continuously striving to achieve high standards of quality and service. They support all branches of the service as they would support their own Navy personnel.

The date you mentioned your less than perfect meal occurred, happened to be the primary UTA for the Marine Corps. I have had several conversations with the Galley leadership and they're well aware of your concerns.

Leadership at the Navy Galley told me their goal is to ensure each and every meal served to every one of their customers more resemble the meal you and your family took part in over Thanksgiving, rather than the less than savory experience you had on Oct. 17.

The Navy Galley prepares meals

using a military-wide recipe system that ensures a wide meal variety is served at each military dining facility. The leadership at the Navy Galley encourages you to continue to dine with them and partake in meals which are more indicative of the quality service.

These steps have been taken since your action line message:

1) 301st Services Flight plans to propose a commander and first sergeant's program that will have these leaders dine in the Navy Galley on a rotational basis. They will evaluate its conditions and the quality of their meal support during the 301st Fighter Wing UTA weekend.

2) Navy Galley leadership has been invited to attend the quarterly Joint Drill Management Council, chaired by Col. Mendoza, 301st Mission Support Group commander, which will take place Nov. 10 and every month thereafter. The Joint Drill Management Council is designed to handle any further interoperability issues or complaints from customers.

Should you have any additional comments or concerns related to the Navy Galley, or the quality of the meals served out of that facility, please do not hesitate to contact me, Capt. Dean Maskell at 817.782.7502

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Chaplain's Corner

By Chaplain (Capt.)
Nate Powell

301st Fighter Wing Chaplain's Team

It is well with my soul

*[Psalm 46:1] God is our
refuge and strength, an ever
present help in trouble.*

Horatio G. Spafford, 1828-1888, was known as a successful attorney in Chicago. A father of four daughters, an active member of the Presbyterian Church and loyal friend and supporter of D. L. Moody as well as other evangelical church leaders of his day. Then, a series of calamities be-

gan, starting with the great 1871 Chicago fire which wiped out the family's extensive real estate investments.

When Mr. Moody and his music associate, Ira Sankey, left for Great Britain for an evangelistic campaign, Spafford decided to lift his family's spirits by taking them on a vacation to Europe.

Detained by urgent business in Nov. 1873, Spafford sent for his wife and four daughters to return on the *S.S. Ville du Harve*, having planned to join them soon. Halfway across the Atlantic, the ship was struck by an English vessel and sank in 12 minutes. All four Spafford daughters drowned along with 222 other passengers. Mrs. Spafford was among the few who were miraculously saved.

Horatio Spafford stood hour af-

ter hour on the deck of the ship carrying him to rejoin his sorrowing wife in Cardiff, Wales. When the ship passed the approximate place where his precious daughters had drowned, Spafford received sustaining comfort from God which enabled him to write, "When sorrows like sea billows roll ... It is well with my soul." What a picture of hope that only comes through faith in God!

When faced with many uncomfortable, and even tragic, situations sure to come our way, we must first place our faith totally in God; he is our refuge and strength. Life is very unpredictable, but we must still press our way through with God's help. God does not want us to give up or give in. He simply wants us to remain faithful and trust Him.

301st Fighter Wing
Henry D. Green
Community Award 2004
Senior Airman Miletsy
Soto
Medical Service Apprentice
301st Aerospace Medical
Squadron



Senior Airman Soto's accomplishments:

Senior Airman Soto's initiative and resourcefulness exemplifies the best of the Air Force and 301st Fighter Wing. She volunteered many hours to develop a winning Self-Aid and Buddy Care wing presentation. She is always among the first to volunteer for additional duties, including work that involves personal time. Some of her many personal, professional and community volunteer activities include being a key participant in a mass casualty exercise with a local hospital; tutoring intermediate algebra to students at a nearby college; participating in her church's activities; and working as a hospital volunteer.

Military must regulate those medicated for depression

Coordinated by
Maj. Maritza Milan and
Col. Patricia Ballentine
301st Aeromedical Squadron

Many military members have prescribed medications. However, those taking prescriptions to assist in coping with depression and stress-related emotions should know the Air Force has clear guidance regarding the treatments your physician may recommend for many of these type conditions. Some doctor-prescribed medications include: mood stabilizers, antidepressants or antipsychotics.

Reservists who need such medication to function must tell the 301st Aeromedical squadron all the situational details, according to AFI 48-123, 22 May 2001, Section A2.12. The 301st AMDS will evaluate if the treatment plan works or interferes with your Air Force duties and responsibilities. This evaluation period also protects you from being placed in situations which could worsen your condition.

These conditions may include any episodes losing contact with reality as indicated by delusions and or hallucinations. An example is feeling paranoid—believing someone is trying to hurt you.

Hallucinations are perceptual distortions such as seeing things and hearing things that are not there. Other examples include anxiety, eating disorders, depression, etc. Any mental deficiency or specific learning disabilities (such as dyslexia) are also unsuitable for duty and subject to administrative separation.

If any of these conditions are severe enough to require medication or hospitalization, the member's military career could be in jeopardy. In this case, a Medical Evaluation Board is indicated.

If the condition is severe enough, interfering with the member's ability to do their mission, they may require medication. Alcoholism, technically a mental illness, may lead to administrative separation if it interferes with duty performance. However, with alcoholism, as opposed to other mental conditions, there is guidance providing rehabilitation and disposition.

In short, any treatment and medication plan must be reported to the 301st AMDS by coming to Bldg. 1780 or calling 817.782.7218.

A medical evaluation is not punishment. The goal is to protect the individual as well as insure the Air Force has a fit force.

HOLIDAYS

(continued from page 2)

On the home front:

- ✓ If possible, procure an artificial tree made of non-combustible materials.
- ✓ Inspect any Christmas tree lights prior to installation and use. Look for frayed and loose wires.
- ✓ Inspect any heating devices prior to use. If gas-operated, look for obstructions, foreign materials inside, cracked lines and anything that may interfere with its proper operation. If electrically-operated, check for frayed wires, broken grounds and foreign material in contact

with the heating element.

✓ If you normally install outdoors decorative lighting around the house's eave, ensure that your ladder is serviceable, and follow the warnings for height and weight-bearing capacity. Also ensure that any wiring is properly insulated and place it where it will not be in contact with any water on the ground.

These few tips, if followed, may make the difference between safe and enjoyable holidays and having to lament the consequences of what could have been a preventable mishap.

Be safety proactive.

Last month's solution

Native-American History





Advanced Distributed Learning and career enhancement exams scheduled

Air Force Institute Advance Distributed Learning end of course testing will be held on the following dates in Bldg. 1654, room 159: Sat., Dec. 4 at noon; Sun., Dec. 5 at 9 a.m.; Sat. Dec. 18 at noon and for all Thursdays in Dec., testing is at 9 a.m.

**NOTE: Examinees must report on time with their military identification cards. **Note: Examinees must schedule their mandatory testing through their squadron Training Manager. Examinees in voluntary courses may contact the education office directly to schedule an appointment. Seating is limited to 20 examinees in each testing session.*

Reminder: Our limited man-

power does not allow us to conduct testing sessions outside our regular schedule. While some situations are unpredictable and clearly an emergency, **your expiration date or pending promotion board is not considered an emergency.** Timely completion is the examinee's responsibility.

Members enrolled in voluntary PME courses should make note of their expiration date, the lack of testing on the dates identified and plan their completion schedule accordingly. Supervisors must ensure members enrolled in mandatory courses have ample opportunity to test on regularly scheduled dates. Contact Titus at 817.782.6979/6977 for appointments.

Bonuses, education benefits increased

WASHINGTON (AFPN)—Increased education benefits and more flexibility in awarding bonuses are among the quality-of-life improvements targeting National Guard and Reserve servicemembers in the 2005 National Defense Authorization Act.

The act also provides for changes in how guardsmen and reservists are mobilized and deployed.

"I am encouraged that the (Defense) Department, working with Congress, has enacted a number of provisions that will fundamentally change the nature of Guard and Reserve service," said Thomas Hall, assistant secretary

of defense for reserve affairs last month.

He explained many changes contained in the authorization act were vital to bring reserve component benefits more in line with active-duty benefits, particularly since troops from both components are generally serving side by side in combat zones.

One significant change concerns various types of bonuses and proficiency pay. The act generally doubles or triples reserve component bonuses, bringing them closer to active-duty amounts. It allows re-enlistment bonuses to be paid more than once and to be paid in a lump sum.

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million to build an aircraft maintenance hangar for the Air Force's newest heavy airlifter at March Air Reserve Base, Calif. Another \$2.1 million will pay for altering a hangar tower.

Overall, the command will receive \$124 million for military construction. That's double what it got in 2004.

In addition to March ARB, Air Force Reserve units at 10 other locations will receive this funding in 2005.

One of the facilities to benefit from these funds is the Naval Air Station Joint Reserve Base Fort Worth with plans for their own \$1.85 million aircraft parts store.

The command will receive another \$6.7 million to cover planning and design costs, and \$5.3 million for unspecified miscellaneous construction projects. (*AFRC News Service*)

DEPARTMENT OF THE AIR FORCE
301ST FW PA
1651 LYONS SUITE 135
NAS JOINT RESERVE BASE
FORT WORTH TX 76127 6200
OFFICIAL BUSINESS



TO THE FAMILY OF

OPSEC tip of the month-

Happy holidays to you and yours

PROMOTIONS, REENLISTMENTS and NEWCOMERS

Promotions

301 MXG

Chief Master Sgt. Mark E. Godfrey

610 RSG

Senior Master Sgt. Robert A. Poisson

Senior Master Sgt. Gerald D. Glenn

10 AF

Senior Master Sgt. Melissa B. Spawn

301 AMDS

Senior Airman Alison A. Cork

Master Sgt. Cynthia L. Gilbert

Master Sgt. Stacey G. Moore

301 AMXS

Senior Airman Robert D. Gentry

Tech. Sgt. Denver McCullough

73 APS

Senior Airman Brian S. Hill

Staff Sgt. Leslie N. Kennon

Staff Sgt. Tommy G. Welch

701 MDS

Senior Airman Robyn L. Johnson

Senior Airman Shalena M. Robinson

Tech. Sgt. Tracy B. Slifer

457 FS

Senior Airman Joshua N. Lankford

Senior Airman Christina A. Whitis

Staff Sgt. Luke S. Robertson

301 LRS

Senior Airman Denise Lopez

Senior Airman Frances L. Smith

Staff Sgt. Charles A. Clark

301 MXS

Senior Airman Linda M. Mione

Tech. Sgt. Douglas C. Davis

Master Sgt. Kevin D. Harrelson

301 MSS

Staff Sgt. Bruce Hammond

301 MOF

Tech. Sgt. Ester N. Cox

301 CES

Master Sgt. Thomas W. Agee

Master Sgt. Michael W. Johnson

Master Sgt. Wade N. Oberhelman

Master Sgt. Ronald E. Scott

Master Sgt. Johnnie A. Tway

Reenlistments

10 AF

Master Sgt. Mark E. Bennett

Senior Master Sgt. Jason K. Peterson

Chief Master Sgt. Jackson A. Winsett

301 FW

Tech. Sgt. Xavier R. A. Manderson

Airman 1st Class Beau L. Westmoreland

701 MDS

Senior Master Sgt. Joanne M. Avanti

Master Sgt. Michael J. Kelly

301 CONT FL

Master Sgt. Laura R. Wair

301 AMXS

Master Sgt. Terry L. Ryan

Staff Sgt. Colin D. Thacher

Senior Airman Benjamin B. Waxenfelter

301 MXS

Staff Sgt. Andrew J. Edwards

Tech. Sgt. Steven A. Kendergan

301 SFS

Master Sgt. John A. Cullison

301 CES

Tech. Sgt. Johnnie A. Tway

301 MOF

Master Sgt. Terri A. Frank

301 AMDS

Tech. Sgt. Barry J. Watson

610 SFS

Staff Sgt. Jesus C. Garcia, Jr.

Newcomers

701 MDS

Airman 1st Class Bryan Buison

Airman 1st Class Marshall Gach

Airman 1st Class Shalena Robinson

301 AMXS

Staff Sgt. Michael Burgess

Airman 1st Class Timothy Gipson

Senior Airman Brenda Newman

301 MXS

Staff Sgt. Jason Russell

Airman 1st Class Bret Densmore

610 RSG

Senior Master Sgt. Sgt. Carmelito Garaway

73 APS

Airman 1st Class Brian Hill

Airman 1st Class Anthony Salas

Senior Airman Armen Weinrick

301 CES

Senior Airman Octavio Demena

10 AF

Maj. Kevin Mensing

Lt. Col. Jon Rivera

Tech. Sgt. Melissa Spawn

301 SVF

Airman 1st Class Cynthia Gordon

301 SFS

Senior Airman Christopher Simpson

Senior Airman Stephen Tucker

Senior Airman Joshua Wiedemann

301 CF

Staff Sgt. Lee Abbott

Airman Brooke Freeman

Senior Airman David Solis

301 MOF

Senior Airman Lakisha Grant

301 MSS

Master Sgt. Suzanne Grant

301 LRS

Airman 1st Class Jacqueline Bogle

Master Sgt. David Everitt

Senior Airman Jessica Hobson

610 SFS

Airman 1st Class Beau Welch

Senior Airman Mark Ferrell

810 CES

Capt. William Marks

Lt. Col. Michael DeJarnette